

Health and Social Care

Hello and welcome to the Area of Access, Health and Social Care and Science. As new health and social care students you will be able to use the new Centre for Health and Social Care Professions which has been eagerly anticipated.

Health and social care has many different job roles and provisions within it and this is what makes it so interesting and all the staff passionate about. We are very proud of our students, not just in the classroom; but through their behavior on campus, the role they play in the local communities through work experience and also as aspiring professionals in this key worker sector.

I look forward to this new academic year in the development of new technologies and innovations in teaching and learning that will be embraced.

Good luck and best wishes

Suzanne



Welcome & Induction 2021

Click image below to open video in YouTube



Better Careers Begin Here

Meet the team: Suzanne McKay

Hello, I am the Area Head for Access, Health and Social Care and Science and I am in the privileged position of leading the team. I have worked at the college for 11 years and one of my favourite aspects is seeing how student's progress and develop in academia but more importantly in confidence, professional skills and building resilience; which is so important to work successfully in this sector.

I started my career in health and social care through working with the elderly and then with adults with physical and learning difficulties, starting as a carer through to care management and training of staff. From this I moved into education, all this was possible from ongoing continuous professional development (CPD) of which you will all see is essential in this area. Recently I continued this, with achieving a Master's Degree in Education which I greatly enjoyed. When teaching I like sociology, anatomy and physiology and communication as subjects and in my spare time I love being an Akela for a local Cub Scout Group which I have done for many years.



Meet the team: Nick Nelson

Hello, I'm the Assistant Area Head for Health and Social Care, and with Suzanne manage the planning and delivery of the health and social care study programmes. My background is in health, with a particular interest in physical activity, diet and health, and have been teaching for over 25 years, both in further and higher education. My M.Sc. dissertation focussed on the cardio-protective effect of physical activity.

I have a passion for research and enjoy the constant adaptation and innovation seen in the health and social care sector, and keep up to date by reading research articles and talking to people in the sector wherever possible.

I also work for Pearson BTEC as a Standards Verifier and Lead Standards Verifier, and support the quality processes within the Area.

For fun I enjoy cycling, and exploring the use of technology to support teaching and learning.



Meet the team: Karen Penning

Hello, my name is Karen Penning, I am a Course Leader for Health and Social Care and I have worked at Colchester Institute for 8 years. During this time I have gained a BA(hons) degree in Childhood and Youth Studies and a Masters Degree in Learning and Teaching. I believe you are never too old to learn and I am always looking for something new to study!

I have worked in many fields of health and social care but my particular interest is in children and young people. I also enjoy sociology and the part this has to play in children's development. I find family dynamics fascinating and working in a Family Centre demonstrated how different parenting styles can affect a child's development both positively and negatively.

I have been teaching for almost 20 years, firstly as an assessor and then my current role with Colchester Institute. My varied career means I have lots of experiences to share, making lessons interested and varied.



Meet the team: Woedem Togoh

My name is Woedem and I have been teaching in Further Education since 2010. My background is in mental health nursing, management and research. I joined the teaching profession after working in various posts in Mental Health Nursing in the National Health Service and the Private Sector.

I studied Biological Sciences and Nursing and graduated with a BSc (Hons) Nursing degree. I also trained as a Mental Health Nurse (RNMH) and obtained a Diploma of Higher Education in Mental Health Nursing.

I trained as a Teacher at Colchester Institute and hold a PGCE as well as BA (Hons) Management degree. I have also completed a PhD in Health Studies. I also hold qualifications in Medical Education, Mental Health Law, Policy and Practice and attained Qualified Teacher Learning and Skills (QTLS) status. I have also been elected a Fellow of The Royal Society for Public Health (FRSPH).



Meet the team: Amanda Perryman

I have been a Lecturer in the team for over 9 years and have seen many young people fulfil their ambitions. I have industry experience working with young people in a variety of settings, including young offenders and four years working in a medical practice. I have a BA (Hons) degree in English and a Masters degree in Sociolinguistics both from the University of Essex.

My MA dissertation “Conflict Talk”, focussing on teenage interaction was published in the UK in 2010 and I obtained my PGCE at Colchester Institute in 2009. I have taught across all programme levels 1-3, but I teach predominately on the Level 3 programme and one of my favourite units is Psychology. One of the best things about my job is seeing young people progress into health and social care careers.



Meet the team: Anthony Skalafouris

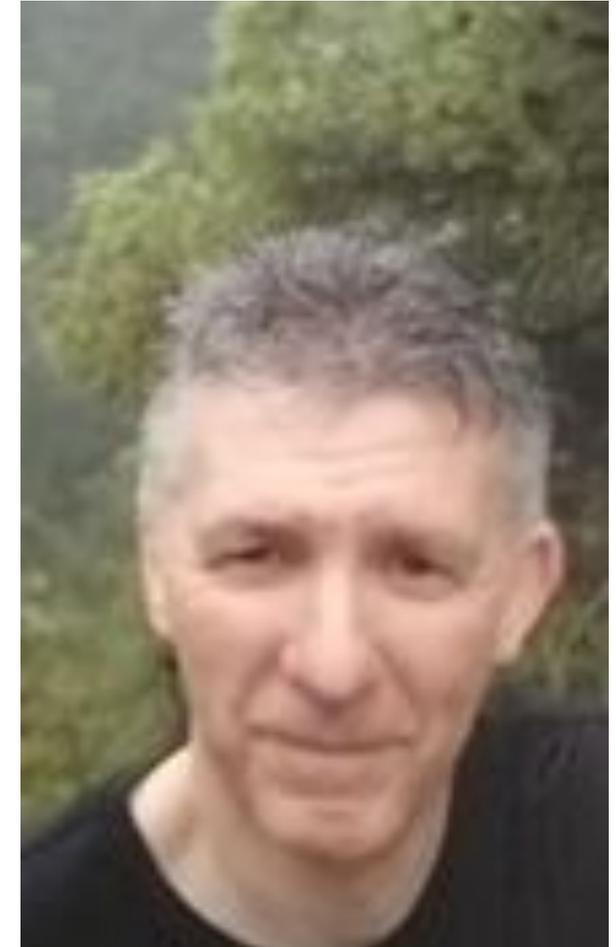
My name is Anthony Skalafouris, lecturer in Health and Social Care and one of the course leaders.

I have a B.Sc. in Medical Laboratory Sciences (specialised in microbiology and haematology). I am also a qualified QCF assessor and Internal Verifier.

I have worked in the sector for over 20 years in hospital laboratories, nursing homes and other care settings such as supported living. I have also managed a variety of those settings for many years as a registered manager with CQC.

From 2010 to September 2019 (when I joined the college) I was training and assessing NHS staff through a variety of subjects supporting them to achieve and maintain professional competence.

Free time is spent between cooking and baking, and travelling.



Meet the team: Laura Cassap

In 2019 I joined the Health & Social Care team here at Colchester Institute, where I teach and assess students taking part in the Dental Nursing Level 3 Apprenticeship. I am a qualified TAQA assessor and I am undergoing a formal teaching qualification. Prior to joining the Colchester Institute, I worked for over 16 years as a highly skilled, GDC registered lead Dental Nurse in both general and specialist practices. In my last position prior to teaching I specialised in Endodontics. I hold NEBDN Diploma in Dental Nursing, plus additional certificates in Oral Health education, and, Radiography.

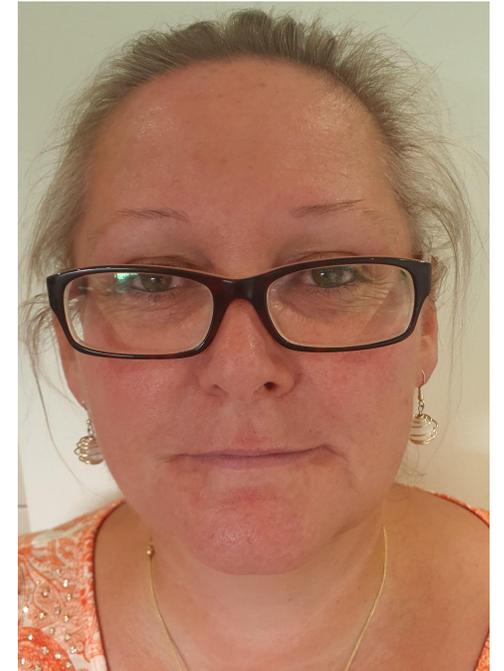
Outside of work, I enjoy being a Mum to my two year daughter and I love travelling.



Meet the team: Mel Green

I am an experienced trainer, assessor and verifier with a nursing background. I specialised in the care of people with learning disabilities, mental health, challenging behaviour and physical disabilities. During my nursing career I worked in the NHS, private sector and community. Throughout this time I worked with individuals who had a range of conditions including Epilepsy, Parkinson's, Autism, Dementia, MS, ADHD, Challenging Behaviour, Drug and Alcohol addictions, individuals who had been abused, those who require specialised feeding (PEG, Nasogastric), those with communication difficulties, breathing difficulties and physical difficulties. I have managed units within the NHS and private sectors.

I have supervised and developed staff within the nursing and assessing fields through mentoring/supervision and coaching. Some of those I have supported have developed from level 2 up to level 5 and are managers of residential homes/ domiciliary care/ supported living services and others are now social workers and paramedics.



Meet the team: Nicola Birkett

I joined the Health and Social Care team at Colchester Institute in 2005 where I am the course leader for the Level 3 Dental Nursing Apprenticeship programme. I am a qualified award winning teacher with over 10 years' experience. I am a qualified assessor and internal verifier (IQA), as well as being an NEBDN qualified and GDC registered Dental Nurse, I also hold an additional Certificate in Oral Health Education. My specialist field is in oral health care and promotion.

Outside of work, I have two daughters; I am currently helping one of them plan her forthcoming wedding. I also enjoy long country walks with my dogs.



Meet the team: Mariana Florea

I am 44 years old and have more than 20 years of teaching experience overseas and in the UK. I have an Early Childhood Degree and I currently work as a Progression and Destination Tutor at the Colchester Institute, offering pastoral support, progression guidance and assistance to our students. I have a wide experience of working with students of different ages, diverse backgrounds and cultures in small groups or on an individual basis. I enjoy teaching and mentoring my groups. I have been told that my approach to teaching makes it enjoyable for my students as I am considered patient and very approachable.



Meet the team: Sara Hobbs

Sara trained as a Registered Nurse for people with Learning disabilities and worked in both assessment and transition teams to help close long stay hospitals , as well as Managing a number of small supported living homes for children and adults with learning disabilities across Suffolk & Essex.

Since 2003 she has worked as an Assessor & IQA for all Health and social care qualification from L2 to L5 . She also works as a Moderator & examiner for National qualifications, and as an Independent End point assessor carrying out Professional discussions for Apprentices at the end of their Apprenticeship.

When having time off, she enjoys walking her dogs ,meals out, going to numerous music events , and travelling.



Meet the team: Jill Gregory

I am a qualified Assessor/Trainer and having been working in the Dental Nursing Team for the past 10 years. I first came to work at Colchester Institute 12 years ago, joining the Health & Social Care Team. My main role is supporting Dental Nursing Apprentices and engaging with their employers. I travel all over Essex and Suffolk visiting the dental practices where our Apprentices work.

Before coming to Colchester Institute I worked for the NHS for 25 years as a Registered Nurse for people with a Learning Disability (RNLD) and spent many years supporting individuals living in their own homes and in staff development. I have particular interests in Safeguarding and supporting vulnerable adults and the principles of Equality and Diversity. I also have a BA (Hons) degree in Sociology from the University of Essex and a Certificate in Management.

Outside of work I have two energetic dogs who need plenty of walks. I enjoy reading, cooking and holidays, usually to different parts of Italy!



Meet the team: Natasha Tibbott

I am Natasha Tibbott, Health and Social Care Placement Coordinator. I have been with Colchester Institute for 7 years. I began as an apprentice studying Business admin, allowing me to secure the position I am in now.

I thoroughly enjoy my job, as I witness the incredible experiences and opportunities our learners have gained from work placement over the years. I engage with many employers within the Health and Social care industry, benefitting our learners to visit a variety of settings.



Meet the team: Amy Ripton

My name is Amy Ripton and I am a newly appointed Lecturer and work placement assessor in Health and Social Care teaching mainly Anatomy and Physiology. I have over 21 years' experience in Clinical and Emergency medicine in the role of associate practitioner. I am currently studying towards a degree in Health sciences and I have interest in emergency and trauma care. With experience teaching clinical skills at the Royal Marsden hospital, I have spent the last few years supporting level 2 Health and social care and applied science students with my clinical industry experience to bring the subjects alive. I am passionate about Health and Clinical studies coupled with a love of learning I try to encourage all learners to aim high and hope they develop a passion for learning and clinical studies. I also enjoy Rock and Old school R&B music.



Health and Social Care – Where will you learn?

Health and Social Care learners benefit from new purpose built facilities on the 4th floor of S block – the *Colchester Institute Health and Social Care Centre*.

The centre includes skills laboratories that will develop practical skills relevant to Health and Social Care, with full video recording and playback facilities.

An interactive immersive room allows learners to experience the sights and sounds of the dynamic health and social care environment.

Collaboration rooms allow learners to develop their group work skills and develop their ideas using modern Information and Learning Technology.

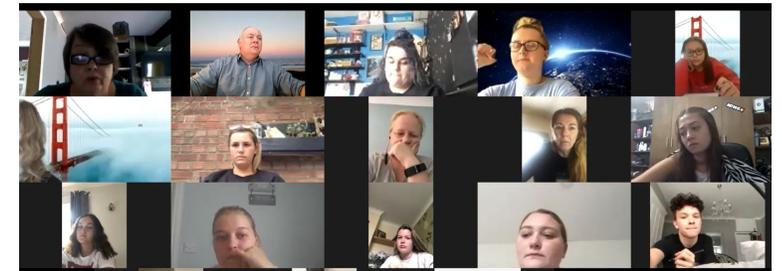
An Open Study area allows learners to make progress on their coursework, and conduct revision for their examinations collaboratively.

Health and Social Care – Remote teaching and learning

Due to the current Covid-19 situation the Health and Social Care team have maintained learner engagement and progress by a mixture of video lessons via Zoom, phone tutorials and use of the College Virtual Learning Environment, Moodle.

It is an expectation that learners will fully engage with all teaching and learning methods used, including video lesson, which have proved very effective in ensuring learners make progress.

One learner said: *“Interactive learning is also one of the main things I like about my course, as it allows me to learn in a different way, the tutors always engage with us and teach in a way that makes sometimes difficult subjects, easier to understand. Interactive learning also allows myself and other students to thoroughly discuss different subjects, which pushes me to think further academically and allows me to gain different perspectives.”* **Level 3, Year 2 learner**

The Zoom logo, consisting of the word 'zoom' in a blue, lowercase, sans-serif font.The Moodle logo, featuring a graduation cap icon to the left of the word 'moodle' in a lowercase, orange, sans-serif font.

Centre for Health & Social Care Professions



The new facility includes a skills laboratory that has an immersive room that allows realistic simulations, and a ward bed bay to develop relevant skills essential in modern health and social care.

What will you be learning?

We offer three levels of Health and Social Care programme:

Pearson BTEC Level 1 Introductory Certificate in Health and Social Care

Pearson BTEC Level 1/Level 2 Extended Certificate in Health and Social Care

Pearson BTEC Level 3 National Extended Diploma in Health and Social Care

General entry requirements – The 6 CI's



A professional philosophy

The Health and Social Care team follow the NHS 6 C's philosophy, we call it the 6 CI's and it is a behaviour code used to prepare you for professional life.

Care Courage Commitment
Compassion Competence Communication

These behaviours are monitored by the team and work placement supervisors and awards given every half term for learners who display them.

General entry requirements – The 6 CI Awards



Learners from all levels receiving their 6 CI awards – these winners can include this award on their CVs and University applications.



General entry requirements

Disclosure and Barring Service (DBS)

All learners within Health and Social Care must complete the Enhanced DBS check before the first half term of the programme, and it must not show anything that could stop you gaining employment with the Health and Social Care sector.

The college will support you in applying for the DBS check, but it is essential you have all the required identification evidence needed, any issues with your DBS check must be communicated to the college quickly.

Identification documents accepted include your birth certificate, passport, bank statement and proof of address.

An Enhanced DBS check currently costs around £50.

We will send you more information on how to apply for your DBS certificate over the summer.

Work Placement – A highlight of the programmes

Work Placement is an essential aspect of all our courses, and is crucial to develop employability skills.

Learners are asked what type of setting they want to attend and where possible this is accommodated, however all learners will be expected to spend some time in residential care, as the course team see this sector as developing essential skills.

The college has placements in over 100 health and social care settings from special schools, to residential care, from homeless support shelters, to supported living and regularly place learners at Colchester Hospital.

Learners will be expected to contact their placements within two working days of receiving their details with a professional phone call to confirm first day arrangements.

Learners will keep a reflective diary and hours completed signing sheet which is checked every week of the placement by a member of the course team.

The highest levels of professional behaviour are expected whilst on placement.

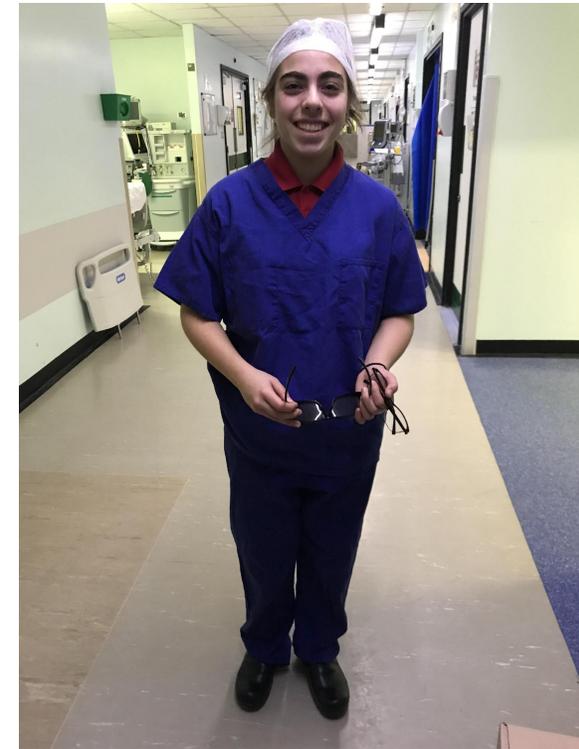
Work Placement – A highlight of the programmes



Two Level 3 Year 2 learners completing a week block placement in a hospital setting.

Essential skills and knowledge developed in a clinical environment, emphasising the NHS Values:

- Working together for patients
- Respect and Dignity
- Commitment to quality of care
- Compassion
- Improving lives
- Everyone counts



Work Placement – A highlight of the programmes

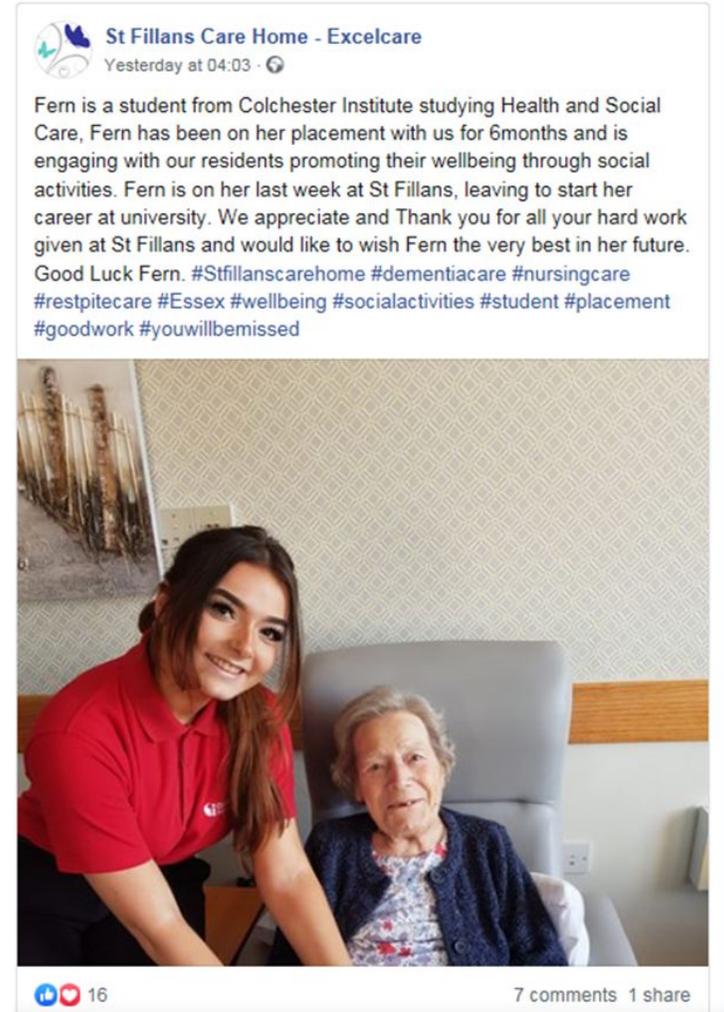
Fern – Level 3 Year 2 learner receiving a nice goodbye from her placement provider on Facebook.

Many learners make such a good impression on work experience they are offered part time work

Another learner said:

'Being able to go onto placement through our course has been one of the main contributors to my enjoyment of the course. Placement has enabled me to put theory into practice and I have been able to attend many different settings for placement, that all helps me inform my future career choice and helps give me more of a first-hand understanding of what my future career choice entails which I am very fortunate to be able to have'

Level 3, Year 2 learner



Work Placement – What our learners say

'I have found that combining academic and placement work so beneficial as it has allowed me to put theory into practise. Also, it has taught me vital, transferable skills that will be beneficial in my future chosen career as an adult nurse'

'Being able to go onto placement through our course has been one of the main contributors to my enjoyment of the course. Placement has enabled me to put theory into practice and I have been able to attend many different settings for placement, that all helps me inform my future career choice and helps give me more of an first-hand understanding of what my future career choice entails which I am very fortunate to be able to have.'

Work placement comments from Health and Social Care learners

Pearson BTEC Level 1 Introductory Certificate in Health and Social Care

This is a full time, one year programme for learners with a minimum of **two GCSEs at Grade 2** or above including English Language.

The programme consists of 5 units, including Being Organised and Developing a Personal Progression Plan.

Learners will develop their confidence and communication skills with a variety of practical activities, alongside taught sessions.

Assessment is by coursework, there are no examinations on the Level 1 programme.

Learners will complete **60 hours of work placement** to successfully pass the course.

Progression can be to employment or the Level 1/2 Extended Certificate in Health and Social Care

Pearson BTEC Level 1 / Level 2 First Extended Certificate in Health and Social Care

This is a full time, one year programme for learners with a minimum of **four GCSEs at Grade 3** or above including English Language.

The programme consists of ten units, including Health and Social Care Values, Effective Communication in Health and Social Care, Human Body Systems and Care of Disorders and the Impact of Nutrition on Health and Wellbeing.

Assessment is mostly by coursework and two 60 minute examinations on Human Lifespan Development and Healthy Living, which must be passed to complete the programme. Learners can have up to two attempts to pass the examinations.

Learners will complete **180 hours of work placement** in two different settings, including a supervisor report on their performance.

Progression can be to employment or the Level 3 Health and Social Care programme.

Pearson BTEC Level 3 National Extended Diploma in Health and Social Care

This is a full time, two year programme equivalent to three GCE 'A' Levels, and is suitable for progression to University. Learners will have **5 GCSEs at Grade 4** or above including English Language and Maths (Science is also preferred).

Learners will be assessed by coursework, work placement performance via observation, presentations and examinations.

There are four examinations, two in each year in January, with a resit opportunity in May/June.

Learners must pass all units in year one to progress to year two of the programme.

Work placement is a very important aspect of the course, learners will complete four placements over the two years, totaling **320 hours per year**.

Progression can be to employment or Higher Education.

Pearson BTEC Level 3 National Extended Diploma in Health and Social Care

1: Human Lifespan Development (Exam)
2. Working in Health and Social Care (Exam)
3. Anatomy and Physiology for Health and Social Care (Exam)
4. Enquiries into Current Research in Health and Social Care (Exam)
5. Meeting Individual Care and Support Needs
6. Work Experience in Health and Social Care
7. Principles of Safe Practice in H&SC
8. Promoting Public Health
11. Psychological Perspectives
19. Nutritional Health
10. Sociological Perspectives
12. Supporting Individuals with Additional Needs
14. Physiological Disorders and their Care

Level 3 units

Grey indicates Year 1

Exam indicates an externally set examination – Units 1 to 3 are 90 minutes with Unit 4 being three hours in duration.

GCSE Maths and English Language and other additional qualifications

If you did not manage to achieve a GCSE Grade 4 in **English Language**, or **Maths**, resit sessions will form part of your study programme for your time at college.

You will attend these sessions until you achieve the Grade 4 required by the Government.

Support for you on your study programme

You are well supported during your time at Colchester Institute!

You will be allocated an academic tutor who you can see on a regular basis to discuss coursework and preparation for examinations.

You will also see Sacha Arnold, our **Progress and Destination Tutor**, who can offer pastoral support and can refer you to Student Support who can advise on finance, sexual health and provide emotional support.

We also offer support on progression, including preparing you for University applications and interviews, job interviews and developing your CV.

One learner said: 'One of the most beneficial parts of the course is how much support you receive from tutors. They provide support academically, regarding coursework, and work placement but also care about their students on a personal level, always taking into consideration our thoughts and feelings, which makes for a much more comfortable work environment.' **Level 3, Year 2 learner.**

Preparing for the examinations

The Level 2 and 3 Health and Social Care programmes include examinations, which the learner must pass.

The Health and Social Care team organise a comprehensive mock examination programme to support you, and have special Exam Preparation events and revision days to ensure you have the maximum opportunity to be successful.

The team also include workshop on managing exam anxiety and revision techniques.



Welcome & Induction 2021

Enrichment

Alongside taught lessons learners are given the opportunity to explore local Universities and career opportunities.

ARU Paramedic Science
dept



Colchester Hospital NHS Careers
Event



Visit to ARU Operating Department
Practitioner dept

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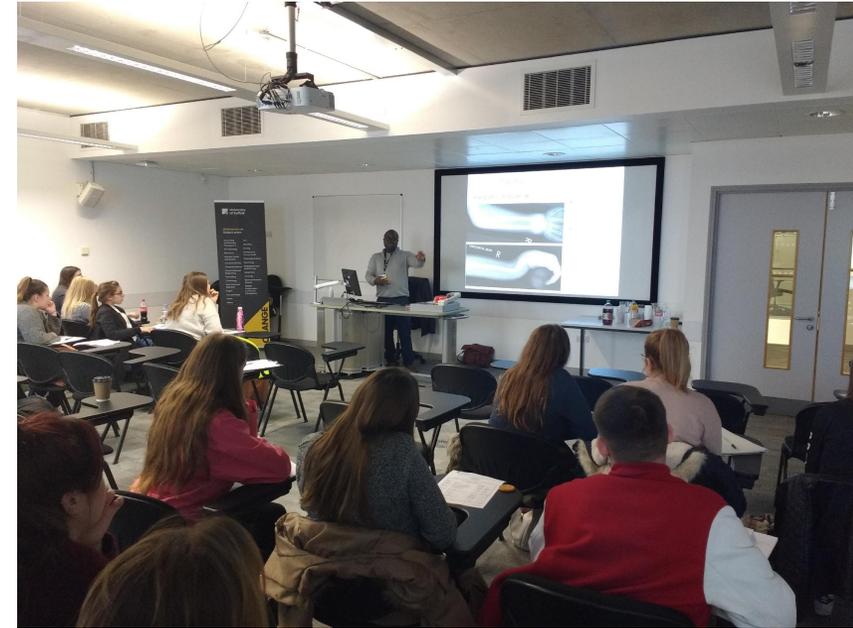
Enrichment

Alongside taught lessons learners are given the opportunity to explore local Universities and career opportunities.

ARU Midwifery dept



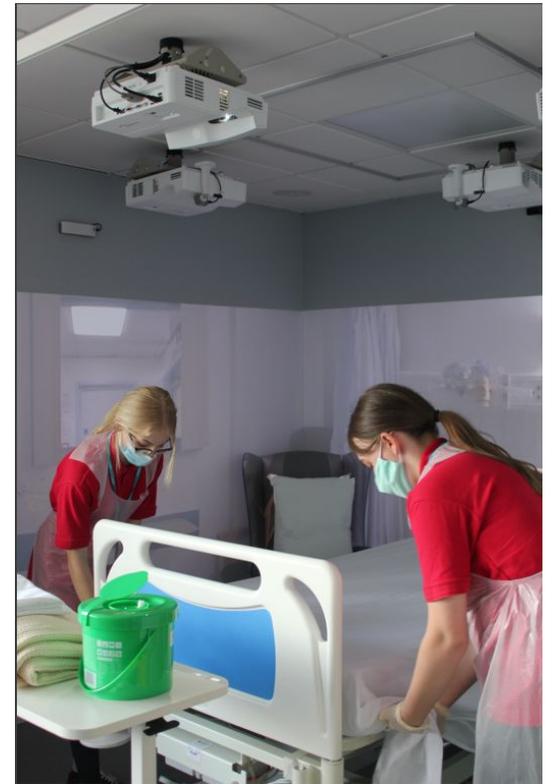
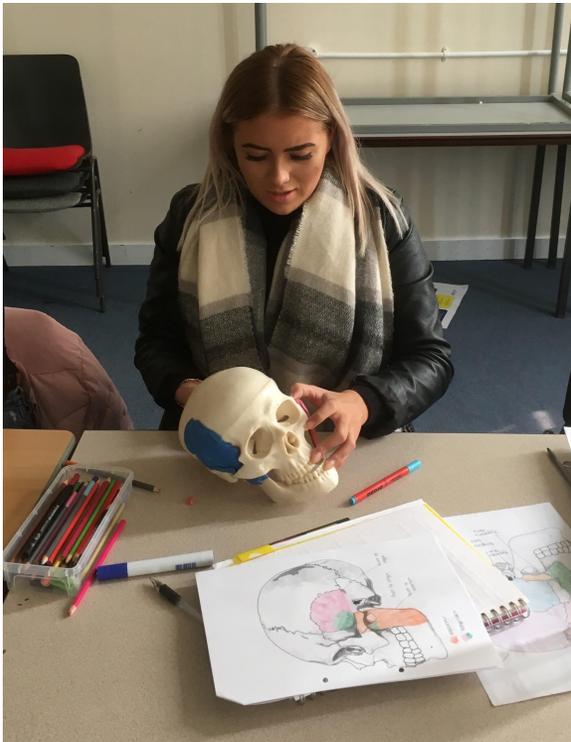
ARU Health and Social Care
Taster day



Visit to University of Suffolk
Radiology talk

Developing practical skills for the workplace

Wherever possible you will develop practical skills relevant to work in the health and social care sector using role plays and observed assessments.



Preparing for the next step!



Our annual **University and Employment Preparation Event** simulates the selection procedures used by Universities and employers.

You will be interviewed by representatives from Universities, take part in mini speed interviews, assessed discussions and complete Numeracy and Literacy assessments.

One learner said: *“I have received conditional offers from all of my university choices and am eager to start my next chapter. I cannot commend my tutors and the other helpful staff at Colchester institute enough for getting me to this stage in my life”* **Level 3 ,Year 2 learner**



Where do our learners go?



Rory (left)

Progressed to an Occupational Therapy degree at the University of East Anglia

Ruby (middle)

Currently on a degree in Midwifery at Anglia Ruskin University

Abigail – (right)

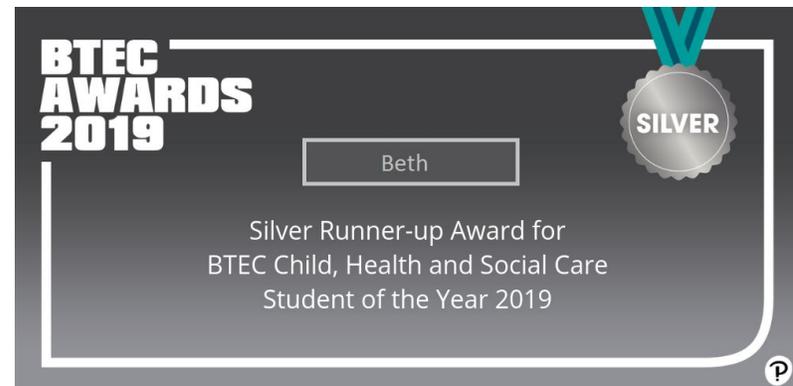
Completing a Paramedic Science degree at Anglia Ruskin University

Where do our learners go?



Ruby (Left) completed the Level 3 Extended Diploma and progressed to the University of Suffolk, studying Paramedic Science

Beth (right) receiving a 6 CI award, was also awarded a National BTEC award for the runner up best Health and Social Care learner in the country. Beth is currently studying for a BA (Hons) in Social Work at Anglia Ruskin University



Where do our learners go?

Learners progress either to the next level of study, to employment or to Higher Education destinations include:

Employment

Health Care Assistant
Adult Support Worker
Homeless Centre Support Worker
Dental Nurse apprenticeship
Mental Health Support worker
Dental Nurse

Higher Education

Adult Nursing
Midwifery
Primary Education
Special Educational Needs
Child Nursing
Paramedic Science
Early Childhood Studies
Occupational Therapy
Social Work
Psychology / Counselling

What our learners say

- *I have loved studying at Colchester Institute for many different reasons. I have loved and appreciated the help that teachers and staff that is always accessible for us.*
- *I have loved the variety within my course through the many different units we have had which then helps me widen my understanding.*
- *Within the course and college, I have enjoyed a more structured way of learning which would then help sets us up towards university through such things as assignments, and the inclusion of both placement and lessons within our course.*
- *The things I have enjoyed the most about my course is that has allowed me to gain important and transferable knowledge and skills by combining both work placement and academic work. Since the start of the course my confidence has grown so much and with the help of my tutors, I now have the ambition and guidance to follow my chosen career path.*

Level 3, Year 2 learners

What our learners say

- I think it's really helpful that all tutors have a health or social care background, this allows me to gain a realistic insight of theory in practise and what skills and knowledge are needed to make a great health and social care professional, as I am learning it from the best sources!*
- I have found that combining academic and placement work so beneficial as it has allowed me to put theory into practise. Also, it has taught me vital, transferable skills that will be beneficial in my future chosen career as an adult nurse. The Health and Social care course has opened my eyes to a wide range of opportunities and possible careers which, before I would of never dreamed of pursuing, due to not having the confidence, knowledge and ambition, which undertaking the course has given me.*
- I believe choosing to study at Colchester institute, on the Health and Social care course is one of the best decisions I have made. I am a completely changed person, who has a different, more positive outlook on life, with the confidence, knowledge and skill to never stop working until I reach my goal, I would highly recommend Colchester institute, as it allows students to gain an insight into their chosen career through skills based practise whilst gaining the qualifications to take the next step, weather that be into work or further education.*

Level 3, Year 2 learners

What do I need to have for studying?

Technology at home – it would be extremely useful to have access to a computer or tablet that is capable of accessing the college Moodle pages, and accessing video calls such as Zoom.

Work storage – We recommend storing your work digitally in several locations for security. Learners are allocated an area on the college network to store their work, but you should have another online storage option, for example Microsoft Onedrive, Google drive or Dropbox. All these cloud storage services have free options. It is important to note computer failure is not an accepted reason for non-submission of work.

Study Materials at College – At college a minimum is paper, file/folder, pens, pencils and for Level 3 a calculator (the Level 3 Anatomy and Physiology examination requires a calculator – you cannot use your mobile phone). Preferred is a laptop or tablet to allow notes to be accessible and you can then manipulate for revision activities.

Work Placement – You will be required to purchase a college polo shirt in the first few weeks, at an approx cost of £10 from the college online shop. If you receive a bursary this will be funded for you.

What are you waiting for – join us!

Join us and:

- Develop your knowledge and skills in state of the art new facilities
- Experience a variety of teaching, learning and assessment methods
- Contribute and make a difference to the lives of real people on work experience
- Challenge your boundaries and build your resilience to make you ready for the most rewarding career you can choose

The New Centre for Health and Care Professions

The Immersive technology room



Open study room



Facilities being used for forensics study



The Centre for Health and Care Professions - Top Floor



Better Careers Begin Here

Any questions?

Please email us on both of the email addresses below:

suzanne.mckay@colchester.ac.uk and nicholas.nelson@colchester.ac.uk

We look forward to hearing from you!

The Health and Social Care Team